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THE CLAIMS DEFINING THE INVENTION ARE AS FOLLOWS:-

- 1. An orthotic insert having a first and a second portion, said first and second portions being formed from heat mouldable ethyl vinyl acetate, said second portion adapted to provide support in the heel region of a person's foot and being formed of a material of higher resistance to deformation than said first portion, wherein said insert is heat mouldable to conform to the person's foot.
- 2. The orthotic insert as claimed in claim 1, wherein the second portion is formed from a material of higher density than the material from which the first portion is formed.
- 3. The orthotic insert as claimed in any one of claims 1 or 2, wherein said first and second portions of the orthotic insert are joined by bonding.
- 4. The orthotic insert as claimed in any one of claims 1 to 3, wherein the second portion is adapted to provide support for the heel and arch regions of a person's foot.
- 15 5. The orthotic insert as claimed in any one of claims 1 to 4, wherein the second portion has a substantially U- or J-shaped configuration which extends partially around the periphery of the insert corresponding to the heel and arch regions of a person's foot.
 - 6. The orthotic insert as claimed in any one of claims 1 to 5, wherein said first portion includes an integrally formed metatarsal raise.
- 7. The orthotic insert as claimed in any one of claims 1 to 6, wherein said first portion includes a tongue which is located within a complementary shaped recess in the second portion.
 - 8. The orthotic insert as claimed in claim 7, wherein said tongue lies beneath the calcaneus of the patient.



- 9. The orthotic insert as claimed in any one of claims 1 to 8, wherein said second portion is between 30 to 70% more resistant to deformation than said first portion.
- 10. The orthotic insert as claimed in any one of claims 1 to 9, wherein said second portion is between 40 to 60% more resistant to deformation than said first portion.
- 5 11. A method of producing an orthotic insert comprising forming a first portion of the insert from heat mouldable ethyl vinyl acetate, forming a second portion of the insert from heat mouldable ethyl vinyl acetate of higher resistance to deformation than said first portion of the insert, and joining said first and second portions together to form the insert, wherein said second portion is located to provide support in the heel region of a person's foot.
 - 12. The method of producing an orthotic insert as claimed in claim 11, wherein the first portion of the insert is formed by moulding.
 - 13. The method of producing an orthotic insert as claimed in claim 12, wherein the first portion of the insert is formed by heat moulding.
- 15 14. The method of producing an orthotic insert as claimed in any one of claims 11 to 13, wherein the second portion of the insert is formed by moulding.
 - 15. The method of producing an orthotic insert as claimed in claim 14, wherein the second portion of the insert is formed by heat moulding.
 - 16. The method of producing an orthotic insert as claimed in any one of claims 11 to
- 20 15, wherein the said first and second portions are joined together by means of bonding.